

Millions of women just like you are also dealing with violence at home. Although it is usually hidden, this kind of abuse is very common and affects people from many different walks of life -- school teachers, celebrities, bankers, carpenters, bus drivers, etc.

Nothing you say or do causes your husband or boyfriend to act violently toward you, and it is impossible for you to prevent his attacks by being the perfect wife or girlfriend. Some men think that using violence is the best way to solve problems, and that it's okay to hit a woman. But no one has the right to physically harm you. That kind of behavior is against the law.

Domestic violence does not go away on its own. It tends to get worse and become more frequent with time, and is often harmful to your children as well.

Millions of women just like you are also dealing with violence at home. Although it is usually hidden, this kind of abuse is very common and affects people from many different walks of life -- school teachers, celebrities, bankers, carpenters, bus drivers, etc.

Nothing you say or do causes your husband or boyfriend to act violently toward you, and it is impossible for you to prevent his attacks by being the perfect wife or girlfriend. Some men think that using violence is the best way to solve problems, and that it's okay to hit a woman. But no one has the right to physically harm you. That kind of behavior is against the law.

Domestic violence does not go away on its own. It tends to get worse and become more frequent with time, and is often harmful to your children as well.

Millions of women just like you are also dealing with violence at home. Although it is usually hidden, this kind of abuse is very common and affects people from many different walks of life -- school teachers, celebrities, bankers, carpenters, bus drivers, etc.

Nothing you say or do causes your husband or boyfriend to act violently toward you, and it is impossible for you to prevent his attacks by being the perfect wife or girlfriend. Some men think that using violence is the best way to solve problems, and that it's okay to hit a woman. But no one has the right to physically harm you. That kind of behavior is against the law.

Domestic violence does not go away on its own. It tends to get worse and become more frequent with time, and is often harmful to your children as well.

*If you are being hit or hurt
by your husband or
boyfriend, call the Iowa
Domestic Violence Hotline:*

1-800-942-0333

*Toll-free, 24-hour
Statewide
Crisis counseling
Information, referral*



*If you are being hit or hurt
by your husband or
boyfriend, call the Iowa
Domestic Violence Hotline:*

1-800-942-0333

*Toll-free, 24-hour
Statewide
Crisis counseling
Information, referral*



*If you are being hit or hurt
by your husband or
boyfriend, call the Iowa
Domestic Violence Hotline:*

1-800-942-0333

*Toll-free, 24-hour
Statewide
Crisis counseling
Information, referral*



**If you are
being
abused at
home...**

**You are
not alone.**

**If you are
being
abused at
home...**

**You are
not alone.**

**If you are
being
abused at
home...**

**You are
not alone.**

What you can do to protect yourself

- Talk with a friend or relative you trust about what's going on. They may be a good source of support.

- Contact your local domestic violence program to find out about laws and community resources (ie: shelters, counseling, legal assistance) before you need them. They can help you plan ways to stay safe.

- Ask your health care provider or a friend to take photographs of your injuries (ie: bruises, scratches, black eyes, etc.) and make sure that they are put in your medical records, or in a safe place with a written description of what happened. This information will make it easier for you if you decide to take legal action in

the future, such as getting a restraining order, pressing criminal charges, or obtaining child custody if you need to do this.

- Arrange a signal with a neighbor to let them know when you need help (ie: turning a porch light on during the day, or pulling down a particular shade).

- Keep some money stored in a secret place so that you have access to it in an emergency, or if you decide to leave; be sure to include some coins so you can make calls from a public phone if you need to. You can also pack a change of clothes (and personal care items, an extra set of glasses, important legal papers,

etc.) for yourself and your children and ask a neighbor and/or friend to keep it, along with an extra set of keys, in case you need to leave quickly.

- Call 911 if you are in danger or need help.

- If you decide to leave, take important papers with you (ie: birth certificates, passports, health insurance documents, photo ID/driver's license, immunization records, checkbook, medication, food stamps, Social Security cards, etc., for both you and your children.

THERE'S NO EXCUSE
for Domestic Violence

What you can do to protect yourself

- Talk with a friend or relative you trust about what's going on. They may be a good source of support.

- Contact your local domestic violence program to find out about laws and community resources (ie: shelters, counseling, legal assistance) before you need them. They can help you plan ways to stay safe.

- Ask your health care provider or a friend to take photographs of your injuries (ie: bruises, scratches, black eyes, etc.) and make sure that they are put in your medical records, or in a safe place with a written description of what happened. This information will make it easier for you if you decide to take legal action in

the future, such as getting a restraining order, pressing criminal charges, or obtaining child custody if you need to do this.

- Arrange a signal with a neighbor to let them know when you need help (ie: turning a porch light on during the day, or pulling down a particular shade).

- Keep some money stored in a secret place so that you have access to it in an emergency, or if you decide to leave; be sure to include some coins so you can make calls from a public phone if you need to. You can also pack a change of clothes (and personal care items, an extra set of glasses, important legal papers,

etc.) for yourself and your children and ask a neighbor and/or friend to keep it, along with an extra set of keys, in case you need to leave quickly.

- Call 911 if you are in danger or need help.

- If you decide to leave, take important papers with you (ie: birth certificates, passports, health insurance documents, photo ID/driver's license, immunization records, checkbook, medication, food stamps, Social Security cards, etc., for both you and your children.

THERE'S NO EXCUSE
for Domestic Violence

What you can do to protect yourself

- Talk with a friend or relative you trust about what's going on. They may be a good source of support.

- Contact your local domestic violence program to find out about laws and community resources (ie: shelters, counseling, legal assistance) before you need them. They can help you plan ways to stay safe.

- Ask your health care provider or a friend to take photographs of your injuries (ie: bruises, scratches, black eyes, etc.) and make sure that they are put in your medical records, or in a safe place with a written description of what happened. This information will make it easier for you if you decide to take legal action in

the future, such as getting a restraining order, pressing criminal charges, or obtaining child custody if you need to do this.

- Arrange a signal with a neighbor to let them know when you need help (ie: turning a porch light on during the day, or pulling down a particular shade).

- Keep some money stored in a secret place so that you have access to it in an emergency, or if you decide to leave; be sure to include some coins so you can make calls from a public phone if you need to. You can also pack a change of clothes (and personal care items, an extra set of glasses, important legal papers,

etc.) for yourself and your children and ask a neighbor and/or friend to keep it, along with an extra set of keys, in case you need to leave quickly.

- Call 911 if you are in danger or need help.

- If you decide to leave, take important papers with you (ie: birth certificates, passports, health insurance documents, photo ID/driver's license, immunization records, checkbook, medication, food stamps, Social Security cards, etc., for both you and your children.

THERE'S NO EXCUSE
for Domestic Violence